



ANGER

The Gift From Within

DR. DENNIS MURPHY

ANGER:

THE GIFT FROM

WITHIN

DR. DENNIS MURPHY

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No part of this book should be used as a substitute for professional medical or therapeutic assessment and treatment. Always seek the advice of your doctor or licensed therapist. Please read the detailed disclaimer at the back of the book.

PREFACE

If you have not read my first book *Heal Through the Power of Awareness*, I would like to encourage you to pick up a copy at Amazon. When at Amazon just search for the title *Heal Through the Power of Awareness* in their search bar and you will find it.

Heal through the Power of Awareness lays down the basics needed on your road to healing. It provides the foundational building blocks to get you on the right path for your journey to your true self. It also provides clarity with regards to the terminology I use to convey my insights to you. The kindle version of the book is not expensive, as I want to make it

available to as many people as possible. It will give you the information to seamlessly begin reading *Anger: The Gift From Within*.

In this book about anger I address many of the issues causing confusion and misunderstanding concerning the emotion anger. There is so much judgment around the emotion of anger. People who are angry are judged. The emotion of anger is judged. Both of these facts often lead to denial and repression of anger, which in turn leads to acting out of anger in ways that are destructive, hurtful and damaging to relationships, people and property. Even more serious is the unfortunate fact that people with anger are often rejected, condemned, punished and alienated. The main problem leading to this type of confusion is the fact that most people see anger and violence as the same thing. They are not. Anger and violence are two different and separate subjects.

In this book I describe and explain the emotion of anger. I discuss the many causes of anger. Further, I teach you how to use your anger to heal. I talk about healthy and constructive ways to work with your anger, so you do not hurt yourself or

others. I list some of the ways you can safely and constructively express anger so as not to hurt yourself or anyone else. At the same time I show how processing anger properly can free you from the power this emotion has in directing your inappropriate behavior, over which you seem to have no control. I discuss how to manage anger, but then I go deeper and I show you how to heal the root causes of inappropriate or destructive anger. You will discover the root causes of your anger and in so doing reclaim the Truth of who you really Are. Further, you will once again make the inner connection to your true self.

In short this book will teach you how to understand your anger and recognize it as the priceless gift that it is. Your anger will lead to your inner pain and at the same time the power to exist within the pain and go through it. Anger used constructively will motivate you to exist in who you Are.

Be on the lookout for my upcoming book *Heal Through The Power Of Being*. It will be released in the near future. In this book I describe in detail every step in the process of healing. I talk about all emotions and how they are gifts which enable

healing. I illustrate how anger and fear are closely related emotions. I discuss what causes each of these emotions. I show you how to end the control your emotions have over you, so you can direct and enjoy your life. I describe the power within every human being which can free us and heal us from the damage caused by lovelessness and abuse.

In the meantime I hope you enjoy this book and find many useful insights to help you in your relationships and in your daily life. People who display intense inappropriate anger are actually, in a misguided way, crying out for help. The pain underneath the anger is unbearable, but they are not aware of that and so anger is seemingly their only way of reacting to a given situation. With a little bit of awareness and internal connection anger can become a priceless gift which can lead to in depth healing of inner wounds that were created by long ago experiences of lovelessness and abuse.

With this being said, if you suffer from intense and volatile surges of anger which seem out of your control or from which you hurt yourself or others whether by rejection, alienation, abuse

and/or violence, seek out the loving and understanding Presence of a qualified therapist immediately. You will never regret obtaining qualified help to set you on the right path in both dealing with and healing your anger. Find a therapist that is right for you, that does ***not judge you*** and that has in depth knowledge and experience working with anger. *The bottom line is...you are hurting, whether you realize it or not, and you need and deserve help.* Try to find a therapist without a personal agenda who is well rounded, solid and experienced. You may need to go to different therapists before you find one you trust and are comfortable with. If you feel judged by your therapist you may be in the wrong place.

CHAPTER ONE

Clearing up the Confusion About Anger

*Repetitive out of proportion anger is usually caused
by unconscious inner wounds.*

*Misdirected anger is caused by a lack of awareness
of inner wounds.*

*Misdirected anger is caused by a lack of knowledge
on how to process anger.*

Misdirected anger is caused by distorted perceptions.

Distorted perceptions are a result of lovelessness

programming from the past.

To heal inner wounds; anger needs to be felt and

expressed, not “acted out of”.

Like any emotion, anger is not good or bad.

Anger just... “is”.

Because such a large proportion of anger is associated with inner wounds, it is important to first state the Truth before beginning the discussion on anger. To be loved gives knowledge of Truth...the Truth of Existence...the Truth of Being...the Truth of “I Am”. *To be loved develops the intellect’s connection and communion to Love, Life, Presence, Existence and Truth within.* Without Love, awareness of and connection to Being can be lost. Without Love, the lie of non-Being can be believed as a truth. If awareness of and connection to Being are not nurtured, Truth is denied to us...Reality is denied to us. Lies can take root. Being is the foundation of Life. Being is the essence of Life. Being is Life. Love awakens the mind to Being. Love awakens the mind

to Truth. Love enables the mind to “see” Truth. Love is Presence. Love is Being. Being is who we Are.

Anger is the most misunderstood emotion. Anger is not right or wrong. Anger is not good or bad. *People are not to be judged as good or bad if they experience anger.* Anger just “is”. Anger is a feeling. Anger is an emotion which is felt in the body. Anger protects life. Anger motivates us into action. Anger is a source of energy that can be channeled into constructive action. In addition, it is important to be aware of a critical point.

Anger can be, and often is a sign of inner wounds.

Anger is an inner reaction which can be based in Truth, but with that said; the inner reaction of anger can also be based in false perceptions, unconscious core lies and inner pain. In other words, anger can be based in long ago inflicted inner wounds. Anger based in false perceptions, core lies and inner pain can be destructive. Present day anger based in false perceptions, core

lies and inner pain is usually “out of proportion” to the person, behavior, situation or event which triggered the anger. In spite of this, anger based in lies and inner pain can be a valuable tool in healing, once the process of healing is understood.

Anger can be a doorway to awareness.

Anger can be a doorway to uncovering unconscious core lies and unprocessed inner pain associated with inner wounds. Anger can be a doorway to healing. Anger can indicate an opportunity to heal.

Anger protects life against threats. Threats can be real or imagined. Being pushed in front of a bus is a real threat to life. On the other hand, a person passionately disagreeing with your opinion, if perceived as a threat, is an imagined threat. An imagined threat is a falsely assumed threat or projected threat. A projected threat is a false threat created and perceived by the intellect and is the result of lovelessness programming. Also, this creation and perception of a false threat is the intellect’s response

to the inner pain associated with wounds of lovelessness. Often at the root of such imagined threats is an unconscious inner wound with the associated core lie and inner pain. Inner wounds are the result of unmet childhood needs for love, abuse and unprocessed loss.

*Inner wounds cause “out of proportion”
anger in the present day.*

Following the content of the emotion of anger will lead to the fear, core lies and inner pain associated with long ago inflicted inner wounds. Following the content of anger, with complete surrender and openness to “what is”, can help in erasing lovelessness programming. It can be very difficult for the ego to admit and own the real reasons for anger. Some of the major factors which lead to the creation of the ego are judgment, condemnation, rejection and punishment. It takes time to “recognize” and break through these expected and perceived consequences. Admitting and owning the real reasons for anger

associated with inner wounds requires an attitude of no judgment, complete acceptance of what is, the utmost tenderness, total openness, honesty and vulnerability. It takes courage to face the inner programmed ways of lovelessness and then to exist in the truth of what is. You have this capacity. It will free you from the burdens you have been carrying and from the shackles which have deprived you of your Life and freedom. I encourage you to stop hiding your real feelings and the cause of those feelings. You may not even realize you deny, ignore, hide or do not want to face your feelings. Be patient, gentle and non judgmental with yourself. Only reveal your inner world to those who are loving, caring, non judgmental, trustworthy and to those who respect confidentiality.

Lovelessness teaches a child to expect judgment, hate, rejection, condemnation, negation, shaming, punishment, not to be loved and/or other forms of abuse. These expectations become perceptions. This way of being “related to” becomes the way of life for the child and is seen as normal. These perceptions rooted in lovelessness are carried into adulthood. The now adult,

in the present day, perceives others will relate to him/her in these same ways.

Initially, it may be necessary to “manage” out of proportion anger in the sense of preventing violence or further violence. There are many resources available through counseling, on the web and in books, articles and videos from which to learn skills to manage anger. If anger has led to violence against self or others, to abusive behavior or to broken relationships in your life; I strongly suggest learning how to manage anger as a first step in processing anger and healing the inner pain under the anger.

To manage anger, learn to recognize how your body reacts when you experience anger. Do you become tense? Does your heart pound? Do you become hot or feel overwhelmed? Do you breathe fast? Do you feel combative? Do you feel like destroying something or someone? Do you feel threatened? Do you feel afraid? Learn to recognize your personal reaction of anger in your body. Learn to recognize what external situations, events, people or behaviours trigger your anger.

The next step is to get out of the situation before the inner reaction gets so large and intense that the anger leads to violence. It is okay to feel the anger and be angry. ***It is not okay to hurt yourself or someone else.*** To hurt yourself or someone else by what you say, do or do not do is “acting out” of anger. *Learn to allow the anger to run its course without acting out of anger. Learn to “be with” the anger without acting out of anger. Learn to “feel” the anger without acting out of the anger.* Observe the anger from a platform. Do not get on the train ride of violence. That is to say, stand back and observe the anger just as you would stand back and observe a train passing. Do not suppress or repress anger. Recognize anger. Acknowledge anger. Let the anger be. As the anger runs its course go for a walk or jog, deep breathe, do some yard work, do work requiring physical exertion, exercise, use a journal and write about the anger, hit a punching bag, kick a punching bag, rip up a newspaper or go somewhere safe; with no one else around; to scream, growl or yell.

Remember, anger is an emotion and as sure as it comes it will also go. The anger will not last forever even though it often

feels like it will never end. This is especially the case when you find yourself in the midst of powerful surges of anger. The anger will come to an end. It will dissipate and fade away.

*Be aware not to become stuck in just
managing anger.*

*Go deeper and learn how to process anger
and heal inner wounds.*

CHAPTER TWO

Expressing Anger

Learn to recognize that repetitive and out of proportion anger are signs of an unhealed inner wound.

With experience and deepening awareness you can learn to express anger safely and then feel the pain under the anger without threatening or hurting yourself or anyone else. With deepening awareness of self, the pain under the anger can be healed. *The pain under the anger is from unmet childhood needs for love, abuse, core lies, lovelessness programming, self*

destructive inner mechanisms, not existing, loss and/or lack of awareness of Being.

Anger needs to be expressed safely. Anger needs to be expressed in a process that is safe to self, others and to the environment. Anger does not need to lead to violence. Do not let the expression of anger lead to violence toward self, others or property. Anger needs to be recognized, acknowledged, accepted, felt and safely expressed in a non judgmental environment.

How can anger be safely expressed? If anger is based in Truth it can motivate us into action to correct an injustice or wrong doing. Anger based in core lies and inner pain, both of which are associated with inner wounds, sometimes needs to be expressed as raw anger and rage. *Expressing anger often leads to the deeper emotions of fear and pain which are under the anger.* Follow your body as to how the anger needs to be expressed.

*Anger should not be used to scare, control,
oppress or hurt innocent others.*

This is not the process of expressing anger constructively or safely. Such actions are “acting out” of anger.

When expressing anger constructively and safely always make sure you will not hurt yourself or others during the expression of anger, as expressing anger can be very intense at times. Make sure you and others are safe and then begin expressing the raw anger. The following is a partial list of ways to express anger and rage safely.

- Physically aggressive writing or journaling. Describe the external situation that triggers the anger “within” by writing the details on paper. As the anger grows in intensity allow the emotion of anger to be expressed on paper. Let your body express the anger through the physical action of writing. At the same time let your body and inner sensations express the anger through the content of the writing. Write the content of the inner sensations as you feel the inner sensations. Put words to the inner sensations associated with the anger. Push hard on the

paper as you write or write the same statement over and over as you follow the emotions within. Let your body and the inner sensations guide your expression of anger as you push on the paper and write. Put the expression of anger on the paper. Write until the anger dissipates or until the anger leads to an unconscious lie, fear or inner pain. Feel the fear and/or pain. Express the fear and/or pain. Cry out the pain. Moan out the pain.

- Closely associated with this above type of writing is painting. Draw out the anger using vigorous strokes of the brush or marker. Use specific colours which portray the anger sensed and felt within.
- Anger can also be expressed through playing a musical instrument or singing.
- Beat a pillow with your arms, fists, legs and/or feet.
- Use a plastic bat to safely express the anger. Let the anger guide and express the motions of the bat. Let the anger come through your body and be expressed by using the bat to hit the ground, a pillow, a post, a punching bag,

discarded furniture, another bat or some other appropriate object.

- Use your hands to beat a punching bag, beat a pillow, rip paper, rip a phone book, rip a newspaper or rip a magazine.
- Scream, yell, growl and groan. Use your voice in whatever way your body and the sensation of anger need to express the anger. Contract or tense your muscles or let your body, legs and/or arms shake as you scream, growl or groan.
- Talk to, yell at, or scream at an effigy of someone who has abused or not loved you. Tell the effigy how you were hurt. Tell the effigy that you hurt. Tell the effigy what you needed. Tell the effigy to stop hurting you. Punch, kick, rip apart, beat or destroy the effigy.
- Roll or rock on the ground or on your bed as you scream, yell, kick, punch or shake.
- Rock back and forth on a chair.

- Talk to a safe and trusted person about the anger and the content of the anger. Safely express the anger in the Presence of a reliable and trusted person.
- Let your body and the inner sensation guide you in the expression of the felt anger, as long as it is safe for yourself, others, property and the environment.
- Do physical work or go for a jog and consciously express the anger through your body as you do the work or jog.

As you express the anger the energy of the anger will subside. Often expressing the anger leads to deeper emotions of frustration, fear and inner pain. The fear can be associated with the wounding caused by many of the different aspects of lovelessness such as the fear of non-existence or the fear of not being loved or the fear of being rejected and/or the fear of being punished. *The inner pain is associated with unmet childhood needs for love, abuse, self destructive inner mechanisms, not existing, loss or a believed unconscious core lie.* The expression of anger can also lead to the awareness of believed unconscious core lies and it can also lead to the “pain” caused by an

unconscious lie. *It is painful to believe a lie, especially a lie about self which negates Being or existence. The unconscious horror associated with these lies can be earth shaking.*

Remember, talking about this process is one thing...but living through, feeling and expressing anger and the pain under the anger is intense and can be frightening at first. *Do not be surprised at your unconscious resistance to allow, feel and express these intense, raw and all encompassing emotions.* The process can seem overwhelming. In time you will see the freedom, understanding and relief this process brings.

CHAPTER THREE

Anger as a Defense

In the present day, anger can be a defense to protect against being vulnerable. Being vulnerable opens the possibility to be hurt by rejection or other forms of lovelessness. To be vulnerable means to acknowledge, accept, allow, express and own deeper feelings and needs. Deeper feelings are emotions like fear, sadness, loss, grief and pain. Needs refer to needs associated with love. These needs include the need to be loved and the need to love. Also included are the need to feel important, the need to be held in Presence, the need for attention and the needs to be wanted, accepted, seen, heard, believed, understood, listened to,

acknowledged, respected, validated, cared about, cared for, connected to and in communion.

Being vulnerable is an act of existence. Being vulnerable is letting go of a defense and existing in who you Are; in spite of the feeling you might be embarrassed, be judged, be rejected, be hated, be hurt, not Be, face the lie of non existence and/or face the deep inner pain from wounds of lovelessness. *In the beginning work of awareness and reconnecting to self, be vulnerable with yourself first and then slowly test being vulnerable with a safe and trusted person such as a therapist or good friend.* This other person needs to respect and hold in reverence both you and your inner reality. *It is important to find someone you can trust with your thoughts, emotions, body and insights into Spirit. It is important to find someone you can trust as you begin to “Be”.* The experiences concerning “awareness of Spirit” need to be nurtured and validated as do your thoughts and emotions. Find someone who is non judgmental, Authentic, Accepting, Present, Caring and Loving

Being vulnerable begins the process of awareness and the process of healing inner wounds and false perceptions. *Being vulnerable makes healing inner wounds possible.* Being vulnerable means to be open and transparent about your inner reality; that is, about what you think, what you know or do not know, what you feel, what you believe, how you relate to your body, what you need and who you Are. But remember Truth and Reality, even if you are not aware of it yet. ***You Are. You Exist. You are Love, Life, Existence and Truth. Your Presence is Real.***

CHAPTER FOUR

A Doorway: Present Day Anger

Repetitive out of proportion anger and frequent anger are most often a result of inner wounds, especially inner wounds which were inflicted long ago during childhood. The pain from inner wounds fuels this out of proportion and repetitive anger as do the core lies and false perceptions associated with the inner wounds. Inner wounds can be inflicted at any stage of life but are most serious in childhood when inflicted by lovelessness. In the present day as an adult; the inner pain, core lies and false perceptions associated with childhood inner wounds are

unconscious. *Lack of connection to Being, lack of connection to Truth and not existing are painful wounds.*

Anger is a defense against feeling the inner pain associated with inner wounds. Anger is often a defense against painful unconscious core lies about self.

*When core lies and inner pain, from wounds suffered in the past, are “unconscious”, we **falsely** perceive others in the present day as a threat, the cause of our anger and the cause of the discomfort felt within.*

We unconsciously project the cause of the deep inner pain and core lies on to others in the present day. What else can we do? The deep inner pain and core lies are unconscious. We unconsciously “feel” this intense inner pain from the long ago inflicted wounds and falsely conclude “someone” has to be the cause. *Usually we conclude “it has to be the person in front of*

me in this present moment” or “it has to be this present situation, circumstance or event making me feel this way”.

The more the present day situation, circumstance, event or behavior of a person “appears” to resemble the “original cause” of the inner wound; the more intense the inner reaction and the accompanying anger. Also, the deeper the adult was wounded as a child, the more intense the present day anger. This happens because this “similar” present day experience will trigger the repressed unprocessed pain associated with the inner wounds which were inflicted years ago.

Often, the falsely perceived present day cause of the deep anger is further complicated by skewed perceptions. The skewed perceptions are a result of the lovelessness experienced as a child. In other words, the present day skewed perceptions are caused by the intense inner pain, by lovelessness programming and also by both the engrained core lies and the false beliefs about self, others and relationships which are the result of having experienced lovelessness in any of its many forms.

For a child who was not loved enough and/or who suffered abuse, everyone and everything can unconsciously be perceived as a threat.

Life is perceived as unsafe and dangerous.

Others are perceived as unsafe and dangerous.

These perceptions are carried into adulthood. When a present day person or event touches and triggers the painful inner wounds from the past, huge reactions of anger can be experienced. Often innocent others suffer the brunt of this anger and rage. Be careful to not let this happen. Instead of acting out of your emotions and inner sensations, process your emotions and inner sensations. Feel the anger and express the anger safely. Go deeper and feel the fear. Express the fear. *Go deeper yet and feel and express the pain. Identify core lies and false perceptions. Identify self destructive ways of relating to yourself, others and life. Shift to the Truth. Shift to Love, Life, Presence and Existence within.*

Under the anger is fear and under the fear are the intensely painful inner wounds. Inner wounds are composed of inner pain and believed core lies. The inner pain is inner pain from not having been loved enough, inner pain from the believed core lies, inner pain from abuse, inner pain from self destructive inner mechanisms, inner pain from lack of awareness of and connection to Self, inner pain from loss and/or inner pain from not existing. Absence of love or not having been loved enough results in unmet childhood needs. The most common unmet childhood needs and associated inner wounds are--- not being wanted, not being seen, not being accepted, not being heard, not being recognized, not being received, not being acknowledged, not being listened to, not being believed, not being understood, not being trusted, not being validated, not being protected, not being loved, not being able to love, not existing and non-Being. Abuse and any major loss compound inner wounds from unmet childhood needs for love. Further, lack of love and abuse instill painful core lies about self, others and the Creator.

These inner wounds are extremely painful. Without awareness of Being the believed core lies and inner pain associated with inner wounds can be horrifying. Lies seem very real and are believed to be true. Pain and fear stop and block awareness of the inner wounds. *The intense inner pain is an unconscious threat to the person. The believed core lies are an unconscious threat to the person. Anger is used as a defense to protect against the threat, fear and pain associated with an unconscious inner wound. At the same time anger is projected on to others in the present day as they are falsely perceived to be the cause of the inner pain.*

Also, in the present day the wounded person falsely sees others as the threat. Intense anger is inappropriately used to protect against the falsely perceived threat.

This is especially true if a present day situation or behavior even slightly resembles the original wounding experience.

The anger is in proportion to the original wounding experience but out of proportion with regards to the present day trigger which touches the inner wound from the past.

Anger needs to be allowed, recognized, acknowledged, accepted, felt and expressed as a first step in healing the inner wound. Processing anger is the important first step in healing inner pain and dismantling the believed core lies associated with inner wounds.

Start by recognizing or becoming aware of the anger and the intense inner reaction you experience as a result of either a person's present day behavior or a present day situation. Acknowledge and accept the anger. Allow the anger to be. Do not act out of the anger.

When you experience anger or rage always ask these questions. *Is the degree of anger I am feeling proportionate to the present day experience or situation? Is anger an appropriate response to the present day experience? If not, turn away from the external situation or circumstance and shift your*

attention to what you experience “within”. Shift your attention to what you “feel” within. Feel the anger. Express the anger safely. Go deeper within. Feel the sting within. Feel the hurt within. Allow the pain. Allow yourself to hurt. Express the hurt and pain. Acknowledge your need for love. Come back to the Truth.

Come back to “I Am”.

You...Are. You...Exist.

Anger can result from lack of existing or not existing. Not existing is an inner wound and is a result of abuse and/or lack of love. Children experiencing lack of love and/or abuse can give up existing or stop existing all together. As an adult...Exist. Say what you need to say. Give your opinion. Use your voice. Express your needs. Express how you feel. Live your Life from within. Exist from your Life within.

Do not act out of the anger no matter what wound the anger comes from. Do not “attack” the present day person or situation

triggering the anger. Use the energy of the anger to say how you feel and to say what you need. Use the energy of the anger to “Be”. Cry if you need to cry. Crying expresses and releases the inner pain, especially in the Presence of Love...in the Presence of your Love. *Crying is an act of openness. Crying is an act of strength. Crying is an act of existence.*

Anger can be a force motivating you to express your needs and express how you feel. Expressing needs and emotions can be done gently, calmly and peacefully; even while experiencing anger. Often the pain of lovelessness and core lies are under the anger. Remember, do not judge yourself because of your needs and emotions. What Is...Is. ***Do not blame the other person.*** Instead, express your needs and express how you feel. Without hurting or attacking anyone, say what you need to say. A safe person and a safe environment are important when first learning to express needs and emotions. As a child, if you were abused it was likely too embarrassing, too threatening or even dangerous to express needs and emotions. *It will take time and courage to let go of defenses and become vulnerable in the expression of needs*

and emotions. It will take time to tell someone “I need to be loved”. It will take time to tell someone “I need connection.” “I need to be wanted.” “I need to be heard.” “I need to be accepted.” “I need your love”.

CHAPTER FIVE

False Perceptions

Associated with existing is often the fear of “existing” or more precisely the fear of the consequences of existing. This fear associated with existing can be fear of getting hurt, beaten, rejected, threatened, punished, hated, abandoned, ridiculed, judged, negated, condemned and/or criticized. ***The fear can be intense, especially if this type of lovelessness was experienced as a child.***

If this kind of abuse was experienced as a child, for the now wounded adult in the present day, this type of mistreatment is expected and seen as normal in relationships; even if this

wounded adult is interacting with a loving person. This lovelessness programming causes the wounded adult to unconsciously expect others to mistreat him or her in the present day. The wounded adult does not expect to be accepted, seen, heard, wanted, understood, believed, trusted and/or loved and might not even know what love is or even that this type of relationship exists. The wounded adult may have no idea of what it means to relate in mutually respectful ways. *The wounded adult instead expects abuse, rejection, hate, condemnation, shaming and/or judgment.* This hurts. The hurt and pain are protected by fear. The fear is repressed by anger. Also, there is intense unconscious anger against the long ago “original” person or persons who did not let this wounded adult exist and Be as a child. The intense anger is also against these original people for abusing and not loving the child. These original people likely used threats, abusive behavior and withdrawal of love as a way of relating to the child, especially if the child attempted to exist.

These falsely perceived “normal” ways of relating and the inner wounds associated with not existing are carried into

adulthood. The now false perceptions, with regards to relating to others in the present day, are fuelled by the deep inner wounds which occurred as a child.

Present day relationships activate the inner wounds from the past.

As a result, all the past trauma and experiences of abuse with the associated intense inner pain, core lies and false perceptions are mistakenly projected on to present day people with huge outbursts of disproportionate anger. These outbursts of attacking anger and rage can be accompanied by any of a number of forms of violence.

Anger can be a defense to protect against this fear of existing. Fear of existing is based in the consequences of existing. As discussed, existing could have been punished by a parent or a significant other. Existing as a child may have meant rejection. Existing could have resulted in severe rejection and abuse. *In some instances, according to the child's perception,*

existing could have meant death. In severe cases of child abuse the threat of death may have been used to stop a child from existing or expressing needs and feelings. The child may have perceived the threat of death for just Being. In very severe cases the child may have been killed. Whether or not death could have been the result of a child existing is not what determines wounding. *What matters is the child's perception.* If a child's perception is that death could result by existing, a deep wound is created. Deep fear is associated with the wound and any act of existence. Intense anger covers this fear and all the associated pain and core lies inflicted by the lovelessness and abuse.

*Even worse than a threat to physical life, is a
threat to Existence.*

To a child any threat to life is perceived both as a threat to “physical life” and a threat to “Life within”. That is to say, a threat to physical life is perceived as a threat to Existence...as a threat to Being. *For a child, rejection is perceived as a threat to*

life and a threat to Existence. The child is too young to realize non-existence is not possible. The child is too young to realize non-Being or to “not Be” is a lie; that “I am Not” is a lie. To the child, to “not Be” is the falsely perceived result of rejection or other forms of lovelessness. ***To not exist, that is, to “not Be” is more frightening than physical death.*** To “cease to exist” is a serious perceived consequence for the child if he or she tries to exist in the expression of emotions, needs, wants and opinions. To “not be”, is a serious consequence to existing! This of course is a false perception, but to a child it is very real and carries a traumatic and devastating impact. This degree of lovelessness is extremely frightening and traumatic to the child.

Anger protects life. Anger is a response to injustice. Anger is a response to abuse and/or lack of love. For the child anger can be unsafe to express especially in an environment of lovelessness. The above perceptions and reactions, which are appropriate for a child being abused and not loved, are often carried into adulthood.

As an adult, in the present day, existing may still be perceived as a threat to life...as a threat to Existence.

As an adult, the falsely perceived present day threat to life is unconscious as is the deeply buried false belief of non-existence. *As an adult, this unconscious perceived threat to life is a false perception, unless of course someone or some circumstance is in fact a threat to physical life. Nonetheless, the wounded adult still perceives threats as a threat to physical life and a threat to Existence.* In the present day the wounded adult perceives many false threats. You can understand why this wounded adult in the present day, experiences extreme anger when these inner wounds from the past are touched or triggered.

Anger protects against feeling the intense inner pain associated with the original trauma and inner wound. Anger protects, represses, hides and distracts from any awareness of the underlying fear and deep pain associated with the wound of not

existing and other wounds associated with abuse and lack of love. The pain associated with the degree of lovelessness necessary to inflict a wound of “non Being” is intense. The pain of non-Being, that is, the pain of non-existence is intense. The pain of “not Be-ing” is intense. The pain of not Be-ing is the pain of not existing in and living from who the child is at his or her core.

Wounding to this depth does not have to occur for there to be anger and fear associated with acts of existence or other inner wounds. *There are many gradations of lovelessness.* If a child was punished, rejected or abused as a result of existing; anger is the protector against this injustice. At the same time, anger is the defense protecting and hiding the pain and fear associated with the childhood wound of not existing. Even if there is not a threat to physical life; for a child in an environment of punishment, rejection and abuse; to exist is still perceived as dangerous. Existence is still perceived as a threat. These perceptions are carried into adulthood as are the inner wounds. Fear and anger are often present day emotional defenses against the perceived threat associated with existing and Being.

In the present day, acts of existence in the midst of fear and the associated core lies heal the wound of not existing. Acts of existence “challenge” the fear and associated false perceptions and core lies. Challenge core lies you believe. Do not let unfounded abject fear and “lies” direct your life.

If a child is abused and/or not loved, the child will quite appropriately experience righteous anger. If it is too dangerous to express this anger the anger is repressed, as is the pain associated with the abuse. As an adult, if another person’s behaviour or a situation resembles the initial abusive experience suffered as a child, much anger will be felt in the present day and this anger can be misdirected toward an innocent person. *This type of anger is an out of proportion reaction to the present day event.* The present day event is just the trigger which activates the inner wound from the past.

Furthermore, if a child is abused and not loved inner wounds develop. These wounds are intensely painful. These wounds sting. Again, the unprocessed pain and sting are carried into adulthood. Any present day person, behaviour or situation

resembling the trauma that inflicted the initial inner wound will touch the repressed inner pain and illicit a strong emotional reaction in the present day. Many emotions and inner sensations can be felt. Some examples include deep depression, hate, resentment, anxiety, fear, inner pain and intense rage and anger.

CHAPTER SIX

A Word About Stress

Stress is someone, something, some event or some situation that is perceived as a threat. Everyone has their own way of reacting when under stress or what is perceived as stress. In a large part, the person's reaction is determined by the depth of wounding. The depth of wounding is the depth of inner pain, the depth of core lies and the depth of lack of awareness of Being. Learn to understand and recognize your reaction to stress.

*Any overreaction or out of proportion
reaction is likely due to inner wounds that need
to be healed.*

Remember that other people have their own inner wounds. With lack of awareness, their inner wounds cause them to react in their way to perceived stress. What they perceive as stress is often different from what you perceive as stress. *How people react to stress is often less than loving.* Understanding this can help us to see others as wounded human beings too. *This is not to justify abusive or hurtful behavior. This is not meant to further “rationalize” inner wounds. Inner wounds are serious, real, damaging and painful. Inner wounds need to be acknowledged, respected and healed; not negated, minimized or trivialized.*

This above insight is to provide a broader understanding of human interaction. Within this context you can still exist. You can give your opinion, state your needs and express how you feel. You are an adult now. You can tell people to stop abusing you.

You can protect yourself. You can live your Life. You can Be. These present day people are not your “all powerful” parents or the people who abused you when you were a child. These people do not have power over you. *These people’s reactions cannot threaten your existence or who you are.* They react because of their history and lack of awareness. Their reaction or behaviour does not determine who you Are, or whether or not, that you Are. You...“Are”, You...Exist; despite anyone’s reaction, behavior or whether or not they approve of, like or love you. Your Existence or Life does not depend on anyone’s approval, acceptance or love. You can love in the face of others being less than loving. You can Be. You...Are. Come back to Truth. Come back to Reality. Come back to “I Am”.

If a child grows up in an environment where there is little or no love and where there is abuse, hate, rejection, condemnation, negation, judgment, punishment, criticism and betrayal; perceptions are formed about what is "normal". These perceptions are seen by the child as what is normal for people on the outside, that is for people he or she relates too. These

perceptions about what is “normal” for others and “normal” for how others relate to the child become beliefs, attitudes and “the way” of life. This is especially the case if the child experiences abuse and lovelessness on a continual basis or if the abuse and lovelessness are severe. In relationship, the child believes it is normal to be abused, rejected, hated, judged, condemned, negated, punished, betrayed, criticized and not loved. These hardened perceptions and beliefs are carried into adulthood and on occasion can be correct but for the most part these perceptions will skew present day reality. The now adult sees others ready to abuse, reject, hate, judge, condemn, punish, betray, criticize and or not love him or her. *Also, the child carries into adulthood the pain inflicted by this lack of love and abuse.*

Further, lovelessness instills core lies about self, others and God which the child carries into adulthood. This combination of the now false perceptions and beliefs, the core lies and the inner pain cause tremendous difficulties for the child as an adult in the present day in terms of relating to self, others and the Creator. Relationships can be seen as threatening, especially when there

are difficult times. *Present day anger is fuelled by these false perceptions and inner wounds from the past.* The pain and core lies from inner wounds further distort present day perceptions. Anger can be intense and explosive, especially when the inner wounds are touched or triggered.

CHAPTER SEVEN

Courage

As you do this work of reconnecting with feelings learn to “be with” your feelings instead of “acting out” of your feelings. This is important not only when working with the emotion of anger but when reconnecting with all feelings associated with inner wounds. Allow your feelings. Encourage your feelings. Accept your feelings. Feel your feelings. At the same time be aware not to hurt yourself or others. Hurting self or others is not processing feelings. Mistreating self or others is “acting out” of feelings. Mistreating others is being “stuck” in feelings and is not the inner process of “feeling” emotions and inner sensations.

“Feeling” involves attentiveness to, awareness of, acknowledging and accepting emotions and inner sensations. Further, feeling involves expressing emotions and inner sensations through the body. Expressing emotions through the body releases the energy of emotions. Expressing an emotion dissipates the emotion and integrates into your life the experience which caused the emotion. Remember, pain is under anger and fear. Allow the anger and fear. Express the anger and fear safely without hurting self or others. Then go to the pain. Allow yourself to be vulnerable. Allow yourself to hurt. Allow yourself to cry. Feel the pain. Express the pain.

*It takes courage to hurt. It takes more
courage to cry.*

You are vulnerable when you express pain. These feelings are sacred. You are sacred. Express inner pain in the Presence of yourself or in the Presence of a safe and trusted person in an

environment of gentleness, acceptance, compassion, love and no judgment.

Grow in awareness of who you Are, that is, in the depths of who you Are. At the same time grow in awareness of your emotions and inner sensations. Your emotions and inner sensations will lead you to your inner wounds, that is, to the inner pain and core lies. The inner pain is below the anger and fear. It is the inner pain that fuels anger, fear and maladaptive inappropriate behaviour.

The inner pain is felt in the innocence within you. You were not loved. You were judged, hated, condemned, criticized, ridiculed and/or rejected. You were led to believe painful core lies. Feel the sting and the hurt. Cry. Let the tears flow. Let the innocence of the child within feel this hurt. The “child” within...is... “You” within. Let your innocence feel the hurt. Let the pain be felt and cried out. Let your body moan and weep. ***It hurts not to be loved.*** It hurts not to be wanted, accepted, seen, heard, believed and cared for. It hurts not to feel important to those who would love you. It hurts not to feel important to

yourself. It hurts to be hated, rejected, condemned, negated and judged. It hurts to trust and be betrayed. It hurts to love and be rejected. It hurts not to know you are good, kind, beautiful, a treasure, important, of great worth, divine, sacred, innocent, valuable, loving and lovable. It hurts not to be seen in who you Are. It hurts not to Be. It hurts not to exist. It hurts to believe core lies. *It is so important to go through this pain. That is, to let yourself express the hurt and pain you were not able to express as a child.* More importantly, you need to become aware of who you Are, to become aware of the Truth, to become aware of Being...to Be. Come back to Truth. Come back to your Love. Come back to...I Am. You Exist. You Are.

Inner wounds provide an understanding of “out of proportion” emotions like anger and fear. Inner wounds explain out of proportion emotions. Inner wounds do not “justify” acting out of disproportionate emotions like anger, hate, revenge and fear. In other words, inner wounds do not justify mistreating yourself or others.

With that said, there can be a strong tendency to “further” repress or deny emotions and inner sensations. This is especially the case if you were judged, hated, ridiculed, punished, not loved and/or rejected as a child for having or expressing emotions. Often this is what makes it difficult in the present day to reconnect with emotions and inner sensations. It is important to be able to allow emotions and inner sensations. If emotions and inner sensations are repressed or “stuffed” it will be difficult to impossible not to “act out” of these repressed feelings, especially repressed emotions like anger and fear. The emotions and inner sensations from inner wounds need to be reconnected to, felt and expressed. The pain needs to be felt and expressed. It is this repressed pain under the fear and anger which fuels present day “less than loving” behavior.

This can be a tricky situation as emotions associated with inner wounds can be very intense. On the one hand, it is desperately important to reconnect with your emotions associated with inner wounds, in order to heal. On the other hand, as the emotions become more and more intense as you allow and

embrace your emotions, it is often difficult not to “act out” of these intense feelings. ***Be gentle with yourself.*** You are learning how to process emotions. Work at learning to “be with” your emotions instead of “acting out” of your emotions, no matter what the emotions are or how intense. ***The guide to follow is; do not to mistreat yourself or others.***

It is okay to “feel” like you want to hurt yourself or others. Express how you feel without attacking self or others. Express how you feel at least to yourself. Express how you feel to a safe and trusted person. You can feel angry. You can feel hateful. You can “feel” like hurting someone. This is how you feel. Express these feelings in a safe and trusted environment. *You do not have to hate or hurt someone in action or behaviour.*

Do not allow your feelings to direct your inappropriate actions towards others. Do not hurt others. You can “be with” your feelings and not “act out” of your feelings. Allow your feelings. Express your feelings through your body. Express your feelings through crying, music, body movements, moaning, words, your voice and through whatever means your body and

your emotions need. Do not act out of your feelings. You do not have to hurt yourself or others. You can temporarily withdraw from others. It is often necessary to withdraw from others. *Do not reject or hurt innocent others.*

Ultimately, anger is caused by lack of awareness of Self, that is lack of awareness of Being and lack of awareness of Truth. ***If you feel the pain and become aware of who you Are, you do not have to hate or hurt anyone.*** You can Exist. You can Be. You can protect yourself. You can choose to Love. You can choose to love yourself. Be patient. Persevere. Nurture Being. Enter Being. Feel the pain. Express the pain. Choose the Truth. You do Exist. You Are. Say...I Am. Live Life. Love Life. Remember...I Am, You Are, Love Is.

CHAPTER EIGHT

Summary

In summary, lovelessness experienced as a child creates inner wounds which cause repetitive out of proportion reactions of anger and other emotions later in life as an adult. Lovelessness experienced as a child skews perceptions later in life as an adult.

Abuse, hate, rejection, judgment, negation, condemnation, criticism, betrayal and ridicule are serious threats for a child and create deep painful inner wounds which are often associated with core lies. These inner wounds are carried into adulthood.

For a child, lack of love is painful. This lack of love creates painful inner wounds. The inner wounds become unconscious. The unconscious inner wounds are carried into adulthood.

Any person or situation that resembles the original wounding experience triggers the buried and unconscious pain from long ago. If the wounded adult perceives someone does not see, want, hear, accept, approve, trust and/or believe him or her; the inner wound from the past is touched and triggered. If the wounded adult perceives abuse, hate, rejection, judgment, criticism, betrayal or ridicule; the inner wound from the past is touched and triggered.

*Now, the intense inner pain, that was inflicted
long ago, is felt in the present day.*

Perceptions of a wounded adult are often formed through the lens of the lovelessness and abuse experienced as a child. Also, the wounded adult falsely perceives someone or something in the present day is causing the deep pain felt within. When this long

ago inflicted pain is felt in the present day intense anger and rage can be vented on innocent others because they are falsely perceived to be responsible for the deep pain felt within.

Anger is used as a defense to attack anyone or anything in the present day that is perceived to resemble the initial threat which created the inner wound suffered as a child. The anger is most often out of proportion to present day situations. The maladaptive behaviors, resulting from the anger being inappropriately projected onto innocent others, can be very damaging.

Large reactions of anger can be caused by the unconscious perception and belief you cannot exist in the present day as an adult. That is to say, you cannot Be. These reactions are based in the fact you were not allowed to exist and Be as a child because of the lack of love or the threats and abuse you would face. Because of this you did not exist as a child. You suffered the painful wound of “not existing”. You could not express the huge and righteous anger against this lovelessness and abuse as a child. The wound and associated emotions were repressed.

Healing would not have been possible as a child. As a result, anything in the present day perceived to resemble the original wounding experience will cause massive inner reactions of rage and anger.

All experiences of repetitive and intense emotional reactions are golden opportunities to heal the wounds of lovelessness. Taking advantage of these opportunities begins with awareness. Become familiar with the inner sensations felt within. What does the present day event, behavior or situation remind you of in the past? *More specifically, when did you feel like this in the past?* Go back to the original wounding experience from the past. Direct and express the rage and anger at an effigy of the person who originally wounded you. Feel the pain of the lack of love, abuse or loss. This is where you direct the anger. What does the present day pain remind you of in the past? This is the pain you need to feel. Feel and express the pain associated with each experience (See figure 1). Go deeper to the original wounding experience. Feel and express the pain associated with the original wound. Identify the inner wounds and core lies. Also,

feel and express the pain associated with core lies. Come back to Being. Come back to Truth. Come back to...I Am. Nurture connection to Being.

ABOUT THE AUTHOR



It is not uncommon for a person's life to unravel when faced with extreme stress or trauma. Dr. Dennis Murphy's primary mission in life is to help people find healing. Dennis's passion is to point people home to Being, so their thoughts and emotions align with Truth---the Truth of who they "really" Are. Dennis knows there is no single approach to healing, but he is convinced all forms of healing and all therapists can benefit from his insights. His books can dramatically shorten the journey to living a life of happiness, joy, peace and wholeness.

Dennis makes his home in the center of Canada and loves writing his books by the water on an island in northwestern Ontario. He's currently writing his latest book, *Daily Bread*. Long time healer and spiritual teacher Sister Theresa called his work "Transformational."

He especially hopes his books can free people from the dragon which creates so much depression, anxiety, addiction, division, isolation, negativity, loneliness, anger, hate, fear and pain. Free of the dragon, people can enjoy every precious moment and live an exceptional life.

Dr. Murphy has a six-year Doctor of Veterinary Medicine degree from the Western College of Veterinary Medicine in Canada. He belongs to the Manitoba Veterinary Medical Association and the Canadian Veterinary Medical Association. He graduated from Applied Counselling and Addictions Counselling after studying at the University of Manitoba and Brandon University. He studied Couples Therapy at the University of Winnipeg and General Counselling at the National College of Naturopathic Medicine. Dennis walks the walk. He has been committed to the work of personal growth and healing for over 30 years. To take advantage of his work, visit his website thenurturingdoctor.com and sign up to receive emails about his latest insights and new releases.

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